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Epworth Sleepiness Scale (ESS) – Adult Version

Availability:	<p>Please visit this website for the instrument:</p> <p>Epworth Sleepiness Scale.</p>
Classification:	<p>Supplemental – Highly Recommended: Spinal Cord Injury (SCI)-Pediatric</p> <p>Supplemental: Sports-Related Concussion (SRC) Subacute (after 72 hours to 3 months), and Persistent/Chronic (3 months and greater post concussion)</p> <p>Exploratory: Sports-Related Concussion (SRC) Acute (time of injury until 72 hours)</p>
Short Description of Instrument	<p>The Epworth Sleepiness Scale (ESS) developed in 1991 is the most widely used subjective scale of daytime somnolence. The current version used is the 1997 version.</p> <p>As with all subjective scales, participants may not recognize sleepiness, particularly when chronic.</p> <p>Translations are available in over 20 languages and the Scale can be completed in less than 5 minutes., one needs a license to use it.</p>
Scoring:	<p>Rated from 0–24, with high scores indicating worse sleepiness.</p> <p>General interpretation is as follows</p> <p>0–5 Lower Normal Daytime Sleepiness</p> <p>6–10 Higher Normal Daytime Sleepiness</p> <p>11–12 Mild Excessive Daytime Sleepiness</p> <p>13–15 Moderate Excessive Daytime Sleepiness</p> <p>16–24 Severe Excessive Daytime Sleepiness</p>
References:	<p>Johns MW. A new method for measuring daytime sleepiness: the Epworth sleepiness scale. <i>Sleep</i>. 1991;14(6):540–545.</p> <p>Johns MW. A new perspective on sleepiness. <i>Sleep Biol Rhythm</i>, 2010; 8: 170-179.</p> <p>Melendres MC, Lutz JM, Rubin ED, Marcus CL. Daytime sleepiness and hyperactivity in children with suspected sleep-disordered breathing. <i>Pediatrics</i>. 2004;114(3):768–775.</p> <p>Meltzer LJ, Mindell JA. Sleep and sleep disorders in children and adolescents. <i>Psychiatr Clin North Am</i>. 2006;29(4):1059–1076.</p> <p>Mollayeva T, Shapiro CM, Cassidy JD, Mollayeva S, Colantonio A. Assessment of Concussion/Mild Traumatic Brain Injury-Related Fatigue, Alertness, and Daytime Sleepiness: A Diagnostic Modelling Study. <i>Neuropsychiatry (London)</i> 6.6 (2016): 525–543.</p>